# THE SAN FRANCISCO BOARD of HEALTH.

We, the members of the Board of Health of the City and County of San Francisco.

Cordially approve and recommend the Royal Baking Powder. It is absolutely pure and healthful, composed of the best ingredients, of the highest strength and

In our judgment it is impossible make a purer or stronger Baking Powder than the Royal.

> Jos. R. DAVIDSON, M. D. HENRY M. FISKE, M. D. CHAS. MCQUESTEN, M. D. T. J. LETOURNEX, M. D.

> > THE CABIN ON THE CLAIM.

Lonely, you say, with mighty arch Of sky so grandly bending? By bright hued clouds and glittering star-

ender message sending

The sunrise pours its glory.

Morn after morn repeating well

Aurora's cheerful story?

Joyless? When out of crimson cloud

Peaceless? When night with noisele From fields of herbs and flowers, Sweet odors in her mantle dark Bears to this cot of ours?

Like faintest sounds of distant seas

Turning a bend of river.

A noble deed with radiant flash

So, thankful, where the kindly stars

Spangle the bine with beauty.

We look and breathe the fervent wish

That all may do their duty.

-Hoston Transcript.

been of late years greatly misused in

American society. One sees them worn

at tea tables by the woman elected to

represent the hostess in pouring tea, and

even at dinner tables, where the wear-

ers have been known to sit through

left glove kept on. From time immemo-

rial the habitual dinner goers of good society have removed both gloves imme-

table, and have resumed them upon re-

taking up the carious fashion just men-

tioned, probably set in a heedless moment by some leader of vogue or by an

unfortunate woman of rank whose hand

was made unpresentable by a disfiguring injury.—Ladies' Home Journal.

and penetration. She was a de-

character, which made it impossible for

her to tolerate even those slight devia-tions from strict truthfulness which are

seldom taken seriously, but are looked

upon as the accepted formula of society.

"I am so glad to see you" would hardly

have been her greeting to a visitor whose

call was inconvenient or ill timed. But,

on the other hand, her downrightness of

Mixed Relationship.

of the county whose complicated rela-

ago the Runk family consisted of father

and two grown sons. In the same neigh-

borhood there lived a widow and her

two comely daughters. The oldest one

ers the father is whether he is his moth-

er-in-law's father-in-law or his daugh-

"Is the lady of the house in?" asked a

Something About Quail.

When food is scarce in their natural haunts quall will boldly appear among do-mestic fowls, hobnob and dine with them.

No Need to Interfere.

Excited Lady-Why don't you interfere o stop that dog fight?

Bystander—I was just a goin' to, mum, but you kin calm y'r fears now. My dog is on top at last, mum.—Good News.

"So the marquis gave you those flowers."
"Yes; and oh, Mand, he actually said that life without me meant nothing."

"Yes, dear; everybody says you are his st chance."-Life.

torty years.-Pittsburg Dispatch.

ter-in-law's son-in-law, and, if both, which the most.—Mascoutah (Ills.) Cor

Chicago Tribune.

There is a family in the southern part

tury.

ing from the feast.

Pounding some castle boary.

We hear the great world's roar and fret
And trace her changeful story.

Members San Francisco Board of Health.

His Mother's Padding man who did not keep in mind that in shood he ate his food with a better sauce than any cook ever invented was in the habit—a habit said to be common—of mak-ing his wife uncomfortable by a too fre-quent reference to his mother's wonderful

Once, however, he was put to silence for few days at least. "John," said his wife, "I wish you would tell me just how your mother made her plum pudding. Then perhaps I could suit

Why, she took some raisins and stirred a up with pudding and baked it. That's

"But, John, real plum pudding is "Oh, of course. Mother always boiled it ter she baked it."—Boston Transcript.

Lucy (the artistic)—Music is rather a lifeh pursuit. It's so tiresome to have to sten to some one clase's playing. Now art

Maud (the cynical) - Entirely! It's ac-erfectly delightful to have to look at some ne clas's drawings. - Munsty's Weekly

rison streets, Portland, Or., be-the largest stock, buys cheaper, oes therefore sell cheaper. Fleid il Clocks offered at special prices.

G'S Everybody in America that wears trousers knows that KING'S ARE THE HEST. Send for rules for self-measurement and get a fit that no tailor can surpass and very few equal. These trousers are cut by the highest-price tailor artists on earth, and are instead of arth, and are made with especial view to fitting fat and lean persons—made to fit all shapes. These and WHITE'S HATS are what we pride ourselves in leading with. If you want the best hat on earth under our personal guarantee, send us yoursize, weight and height, and we'll send you the best hat on earth at \$5-pose cheaper.

and we'll send you the best hat on earth at Sono one cheaper.

A. B. STEINBACH & CO.,

The content of the correction of

# It's Just as Easy

To grow Choice Flowers as it is to grow common ones if you START RIGHT.

THE TIMOTHY HOPKINS COLLECTION OF SWEET PEAS Comprising 51 Distinct Varieties. A Large Packet of Seeds of each for \$1.50, or a Packet of Seeds of the same varieties mixed for only 10 cents.

12 Roses \$1.00 DIFFERENT 12 Pelargoniums \$1.00 12 Chrysanthemums \$1.00 Plower or SEEDS 25 Choice Varieties of Either FOR ONE DOLLAR.

SHERWOOD HALL NURSERY CO. S. W. Cor. Sansome & Clay Sts., - - San Francisco, Cal.

# August Flower"

I have been troubled with dyspep-tramp of the servant, who rang the door sia, but after a fair trial of August bell of one of the stateliest mansions in Flower, am freed from the vexatious trouble—J. B. Young, Daughters College, Harrodsburg, Ky. I had headache one year steady. One bottle of August Flower cured me. It was positively worth one hundred dollars to me—J. W. Smith, P.M. and Gen. Flower, am freed from the vexatious Merchant, Townsend, Ont. I have used it myself for constipation and dyspepsia and it cured me, It is the best seller I ever handled—C. Rugh, Druggist, Mechanicsburg, Pa.

HAVE FIGHING PILES known by moisture when warm. This form and BLIND, BLEEDING or PHOTRUDING PILES GOT DR. BO.SAN-KO'S PILE REMEDY.
Which sais directly on parts affected and parts affected by the parts of the

#### WHY YOUR BABY CRIES.

EMINENT PHYSICIANS DIFFER RE GARDING THE CAUSE.

Imbecilie Bables Never Cry-Tearful In fluence of Pins, Colic, Hunger and Thirst-Effect of Mourning Attire or Young Rables-Regular Habita.

Although all babies are not crybables,

Crying and bables go together just as ham and eggs do, liver and bacon, hooks and eyes, shoes and stockings, bread and butter. The angelic baby whose wings debutter. crease as his legs increase is the only animal that wastes his vitality in promisenous mat that wastes are vitality in promiscious yelling. And yet there is philosophy in the tuneless music of infancy not generally understood by the world at large. Although involuntary, a well organized baby will show as much intelligence in his crying as his parents may in thinking.

Being the anchor of its mother, no one should know more about the subject than

should know more about the subject than mothers, but unfortunately no medical or professional women with children could be induced to express an opinion as to why a

baby cries.

Of the fifteen women doctors seen only three had babies of their own, one had an urgent case to attend and begged to be excused, the other was in a hurry to catch a train, and the third remarked, with masculine emphasis, that she had no time to bother with reporters.

The following opinions, most cheerfully expressed by some of the representative members of the New York Medical society, will be read with both interest and pleas-ure by every mother and lover of a baby. SUFFERING OFTEN THE CAUSE.

Dr. Janeway-Babies crying are babies speaking. It is their protest against pain, ill usage or neglect. But one mother knows more about the causes than 40,000 Dr. J. W. Dowling-A baby does not cry

aimlessly. If there is a pin in his flesh, if his stomach is full of wind, if he has indigestion, cold feet or a headache he will cry ong and loud. He will cry, too, if he is hungry, thirsty, sleepy, angry, hot or cold.
The colleky cry is lond, emphatic and inpressive, it has a businesslike, imperative,
ring to it that calls for immediate and

When the brain is affected the cry sharp and shrill, amounting to a shrick at times, and is indicative of intense and unbearable pain. A cry of this sort is pos-itively agonizing to the listeners, for there is no mistaking the pain felt by the little

Then there is the teething cry-a pitiful, Incessant, unremitting little whine that is at times incisive and petulant, and accom-panied by restlessness and ill temper. The hungry cry is a bawl, vehement, eager, ur Gloves, the crowning finish of a well dressed woman's costume in public, have

The sleepy cry is something of a wail, but not tearful as a rule. The child is fre quently sweet tempered, though indiffer ent, generally nervous and heavy eyed. The vicious cry, caused by restraint or disappointment, is noisy, clamorous, justy and rebellious; there is more volume of voice than tears, the quality and size of the tone depending upon the anger of the

many courses with their right hands bared, the hand of the right glove tucked under the wrist, and the entire It is a good test of the condition of th ry organs, and can be maintained for hours by a strong, healthy child. If it has inherited the willful, domineering traits of a parent or grandparent, it may diately after taking their places at the throw itself on the floor, kick, scream and roll about for variety and keep up the howl until the opponent yields or it has exhaust ed its lung power.

Thousands of times plus are the cause of

turning to the drawing room, or after using the finger bowls, and before arisinfantile outbursts. No baby will cry if it is well and happy. Crying is a demonstra-tion of suffering, discomfort, neglect or Any departure from accepted custom that has only eccentricity or a desire for innovation to recommend it should be woided; hence there seems no cause for HUNGER, THIRST AND FEAR.

Dr. Summer A. Mason-A baby does most of his crying because he is hungry. The cry of thirst, while not frequent, is invari ably taken for grief, anger or sleepiness, and the mother spends hours patting and rocking the youngster, when a tablespoon ful of cold water would make him perfect ly happy. Aside from the cry caused by hunger, thirst and teething, there are al Jenny Lind's judgment of books, most as many other cries as there are in though undirected by anything like lit-

erary training, always showed independ-For instance, there is the expiratory in pneumonia, and the husky crs that follows the coughing, there is the broken cry in croup, bronchitis and pleur voted lover of Carlyle's writings, and the last book she read before her death isy; the continuous cry of earache, the shrill cry, accompanied by a drawing up was Mr. Norton's volume of the correof the legs, in stomach ache, the scream ing, and wriggling of the hips in intestinal pain, irritability of the bladder, the whin ing cry of meningitis, when the baby fan-cies a bright light, and there is the silent cry when the muscles of the face contract, but some mechanical obstruction of the air passages occurs, and there is not enough strength to produce sound.

Dr. J. Lewis Smith-The instant a child is born it cries. This is a providential ex-pansion of the lungs and not, as many suppose, an Indication of suffering or pain. If the babe does not cry, we slap it and chafe speech had nothing in common with that of Mrs. Candour; it carried no discourte by with it.—R. J. McNeill in Century.

The courte by with it.—R. J. McNeill in Century. little cry. For the lirst few months, vary ing with the bodily condition of the babe, the cry is tearless, and it is not till the sec ond year that the lachrymal or tear ducts are fully developed. After that there is a copious shedding, and a very slight cause

tionship beats anything upon record. The family name is Runk. A few years Children are not born without fear, and at sight of a strange person, object or an animal a baby of average intelligence will cry. A black dog, black cat or a borse will produce more disturbance in the mind of a baby than a white kitten, canary of the Runk boys married one of the widow's daughters. The young man's father married the other daughter. The tracted by any bright object, they never other one of the boys married the tire of looking at a bright light, flowers mother. The question that now bothrabbit. Children are visibly at please them, and they are that to people gayly or brightly dressed. A child refus-ing to go to a relative in dark clothes would not hesitate if the suit were changed to a light color, with a white, red or blue necktie.-New York World

A Grammatical Proposal.

Both were young and handsome. Both had only recently graduated—one from a female, and the other from a male institution of learning. Both had been silent adtion of learning. Both had been silent admirers for over a year. Both were inexperienced in the art of love making, which, although practiced by college students, is not taught in colleges. He wanted to propose; she wanted him to do so. He did not know how to do it; she did not know how to teach him, but the conversation hap-

pened upon grammar—nouns and verbs, etc. He saw his opportunity. This is how he improved it, and how she snapped at it: He—Can you decline "love?" She—I cannot. He-Can you conjugate— She-Certainly. I love you— He-Stop! Can you form a conjunction? She-Just ask pa. He is not much of a grammarian, but I'll go and teach him his

the two species treating each other like the long lost cousins that they are. It is thought by some commentators that quail was the miraculous food supplied to the faracties in the wilderness. If they also made teast out of the manua, this may help to account for their letaurely stay of Pa was an apt pupil, and in half an hour all the apparently insurmountable obsta-cles had been overcome.—New York Her-ald.

> Saved a Cool Thousand. Wife (proudly)—I saved you \$1,000 today.
>
> Husband—Saved \$1,000? We haven't that much to save. We haven't \$100 we can call our own. Hang me if we have over \$10, come to think.
>
> Wife—But you have always said that if you save had money anough you would

wine—But you have always said that if you ever had money enough you would build a house.

Husband—Of course.

"Well, for \$5 I bought a book showing how to build a \$10,000 house for \$9,000.—
New York Weskly.

SWAM AWAY WITHOUT ITS HEART.

A Mobile Doctor Tells a Most Remark Dr. Rhett Goode, the well known surgeon of this city, tells a story which is certainly one of the most remarkable ever recorded

It is a fish story, but a true one.

The doctor, with Mesers W. H. Barney, E. O. Zadek and W. C. Gellibrand, was the guest of Captain J. W. Black, manager of the Sullivan Timber company, on an ex-cursion down the day. The party reached Fort Morgan early in the morning, and spent the day in fishing, enjoying excellent sport. Mr. Barney brought two shark lines and cast them early in the day, but not until afternoon, when the party was at dinner, did he get a bite. Then the fisher men pulled in two moderate sized sharks. one about five feet long and the other about seven feet long. When the fish, after considerable excitement, were pulled up on with an ax.

with an ax.

Some time after it was suggested that Dr. Goode open the sharks and recover, whatever gold watches, fluger rings, etc., their stomachs should be found to contain. The doctor opened the seven footer, and then plied the knife on the smaller shark. The story, as he tells it, is as follows:

"I made a straight incision and opened the body of the shark. I took out the stomach, the alimentary canal and the in-

stomach, the alimentary caual and the in-testines, and, having examined the stomach, threw those organs over into the water. Having a curiosity to see how large a heart such a fish has I cut into the diaphragm and extracted the heart. This organ, I found, was about the size of an egg, rather small, I thought, for so large a fish. The curious thing about it was that

it continued to pulsate after I had taken it from the fish. It beat regularly for a minute or more, lying there in my hand.
When it stopped beating I pricked it with
the knife, and it again pulsated for a short
time. It was perfectly empty of blood.
"Meantime the pilot and others pitched

the seven foot shark off the wharf, and it sank to the bottom. We could see it plain-ly through the clear water. They then took the smaller shark, all of whose internal organs I had removed, and whose beart I held in my hand, and threw it into the water. You can judge of our surprise to see that shark swish its tail around flap its fins from side to side, and then swim briskly away until it disappeared."
"It went with the current?"
"Yes, but it was swimming. We all saw

t as plain as could be. The other shark sank like a shot; this one swam straight away, as naturally as any fish."
"Was the fish apparently dead when you

eut it up?' Yes. It did not make a single move all the time I was cutting it. The way that dissected flah did beats anything I ever heard of or ever imagined. We could see it for twenty or thirty yards as it swam away. It made the pilots down there open

their eyes, I assure you."

Mr. Zadeck, who was present when the doctor described this curious happening, said, when referred to, that it was "a true bill"-the most wonderful thing he ever

#### The Perfect Dancer,

The talent is inborn, not to be acquired. People are born dancers, as they are born singers and mesmerists. Training is nec-essary to strengthen and make flexible the muscles of the body, as training is neces-sary to give the singer control of her great voice. But you can no more make a da by training than you can a prima donna. The raw material must be there, some times to let itself be shaped and subdued by cultivation, sometimes to submit to it impatiently, and, the beat of the music calling, to cast away the restrictions of training and plunge into the exaltation of the dance with the spontaneity of one who was created a dancer by nature.

is something of mystery. A pulse beats in her feet that gives her a mystic grace awarded to no other. In the rise and fall awarded to no other. In the rise and fall of the music she finds woven paces that no other eye can see. With a weird intuition, incomprehensible to herself, she is able to interpret into movement the secret spirit of the melody, to give form and col the composer's fantasies, richer and more beautiful than any he had ever dreamed of.

The gift has come to her from what unknown sources, through what unimagined come and gone, each adding his quota to this talent which breaks into actual life in her. For a fleeting moment on the stage she seems to live in a world separate and ment by the same spirit that inspired Sa-lome when she danced off John the Bap-tist's head.—San Francisco Argonaut.

### A Petrified Salmon.

Henry Benson, of Hayden Hill. Lassen county, Cal., has in his possession a speci-men of petrified salmon. The former men of petrified salmon. The former fleshy parts resemble crystallized and varie gated quartz, retaining in part the yellow ish color of the salmon, and what was formerly the skin of the fish is now a sort of porcelain as hard as pure white flint The texture of the entire specimen is that of hardest quartz. It was found on a hill ide at about 1,500 feet altitude from the floor of "Big Valley," and was evidently petrified at the point where found. This would indicate that the salmon formerly inhabited the ancient rivers, the beds of which now form parts of the strata of the Sierra Nevada mountains, and in which an cleat channels lie the rich deposits of Cali

fornia's gold.

These ancient river beds, as is well known, are found at various heights above the sea level, and in some places but a few hundred feet below the crests of the high est ranges, and perhaps hundreds of feet below the present formation of the surface of the earth, and running entirely inde-pendent of any present formation. To de-termine with certainty that this salmon in habital these arciant was recommended. habited these ancient rivers would be an interesting fact, as it would fix at a much later date than is now generally supposed the geological period when, by mighty up heavals, these old river courses were changed and obliterated from the face of the earth, and gigantic mountains formed in their stead.—St. Louis Republic.

### A Parisian Writer.

The woman's movement is making great strides in modern France, notwithstanding that a great deal of ridicule is cast upon it. Mme, Cheliga-Loevy, although not a Frenchwoman by birth, started the present movement, and she works unceasingly to ameliorate the lot of her poor sisters under the existing laws and regulations. She is the president of the International Union of Women, which has its headquarters in Paris. She lives with her husband who is an artist, in a flat in the old quarter of Paris.

The only daughter of a wealthy Polish nobleman, she learned when a child to speak and write French fluently. At the age of sixteen she wrote and published he first novel. About ten years ago she set-tled in Paris, and while there met and married her husband, who shares all her ideas, moral, political and social. It was not until after the congress in 1889 that Mme. Cheliga-Loevy made up her mind to found the Union Universelle des Fammes, which won the approval of Simon and Renan. In connection with this associa-tion she started The Bulletin des Femmes, a tiny magazine devoted to all that con

cerns women's work.

She acts as correspondent of a number of foreign periodicals and has at times lectured. She claims absolute equality with men, neither more nor less, and is by conviction a socialist. Her mode of life makes it almost impossible for it almost impossible for her to go much into society, but she is to be met occasion-ally in literary and political circles.—ChiReason for Thinking So.

"How much commission do you peopl "How much commission do you people get from the collar and cuif factories!" asked an indiguant patron of a laundry the other day. "What do you mean? asked the proprietor in a concilitary tone. "Mean just what I say," was the response. "Of course, people in your business are not helping the collar and cuif factories for nothing, and without the destructive power of your acids and your mangles they would not have one-tenth of the trade they now on is for destroying collars and cuffs and I will pay you my proportion of it if you will let up on my linen." The laun-dryman forced a smile and endeavored to reat the questson as a joke. "I am not joking," persisted the customer; "you have smashed fifty collars and nearly as many pairs of cuffs of mine all to pieces in three months, and that is no joke. I buy the best of linen goods and you invariably ruin

each article at the second wash.

"Now, of course there must be a motive in that. I believe that you chaps are in league with the manufacturers of collars and cuffs, and I propose to organize a laundry syndicate and start a lot of fair and square laundries, unless you let me into your scheme." The laundryman then be-came serious, and carnestly protested that he was not in collusion with any collar and cuff factories. The frayed and broken con-dition of his patron's linen he attributed entirely to 'an occasional accident.'"-New York Times.

Peruvian Wool Fabrica.

Peruvian woolen fabrics were of three kinds—a coarse weolen cloth, which they called avasca, which formed the raiment of the common people; a finer variety, called compi, worn by the captains and officials, and still another, also called compi, but of much finer quality, reserved for the use of persons of royal blood. Specimens of this cloth, still preserved, reveal a fineness of texture and an exquisite finish which texture and an exquisite finish which modern ingenuity rarely equals. Both sides of these cloths were woven alike. The delicacy of the texture gave it the luster of silk, while the brilliancy of the dyes employed excited the envy and admiration of the European artisan.

The Peruvians made also shawls, robes,

carpets, coverlets and hangings in great varieties of patterns. They knew how to produce an article of great strength and durability by mixing the hair of animals with the fleece of their llamas.—S. N. D. North in Popular Science Monthly.

Progressing. "This is a magnificent place, sir. Why, ten years ago I came here with nothing but the clothes on my back."
"And now?"

"I've got another shirt."-Harper's Ba-

NERVOUS DYSPEPSIA.

Senator James F. Pierce of New York

For the past two years I have suffered very much from an aggravated form of nervous dyspepsia. I have resorted to vanervous dyspepsia. I have resorted to various remedial agents, deriving but little benefit. A few months since a friend of mine suggested the trial of Allcock's Ponovs Plaster. Following the suggestion. I have been using the same with the happiest effects. To those similarly afficted let me suggest the manner of their use. I place one over my stomach, one over the hepatic region and one on my back. The effect is excellent. From the day I commenced their use have been slowly but surely improving, and am quite confident that by continuing I shall again be restored to my accustomed health."

"King writes me that he is doing some very brilliant work now." "Yes; he is writing ada. for a new stove polish."

RUPTURE AND PILES CURED.

We positively cure rupture, piles and all rec-tal diseases without pain or detention from busi-ness. No cure, no pay. Also all Private dis-cases. Address for pumphlet Drs. Porterfield & Losey, 888 Markot atreet, dan Francisco. The stars which one sees upon being knocked lown furnish the fierce light that beats about

Throat diseases commence with a cough

cold or sore throat. "Brown's Broncalal Troches" give immediate relief. Sold only in bares. Price, 25 cents.

Playwright-What do you think of my play? ruthteller-1 beg pardon, but it is not calcu-

Our renders will serve themselves by acticing the remarkable offerings advertised in another column by the Sherwood Hall Nursery Co. of Menlo Park and San Fran- and exercise cisco, who are leaders on the coast in fur- usually pronishing everything for the farm and garden.

Mark this: You don't have to be disagreeable to be good.

BEWARE OF GINTMENTS FOR CA-

As mercury will surely destroy the sense of amei and completely derange the whole system when entering it through the mucous surfaces. Such srticles should never be used except on prescriptions from regutable physicians, as the damage they will do is tenfold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Chencey & Go., Toledo, O., contains no mercury, and is taken internally, a ting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, O., by F. J. Chency & Go. Testimoniais free.

2. Sold by druggists; price, 75 cents per bottle.

# **Hood's Cures**

Sciatic Rheumatism

Quick Rollef and Porfect Cure



Mr. C. B. Patrick Stockton, Cal.

"I was so badly afflicted with sciatio rheuma tism that I could scarcely move. I used a great many remedies which did me no good. A friend ted me a bottle of Hood's Sarsaparilla, which I began to take. The relief was quick and two bottles curred me completely. I author, ize the use of my name and portrait in recom-mending Hood's Sarsaparilla, for I think it a very valuable medicine. I recommend it to all who may be afflicted with rheumatism or old

## Hood's Earn Cures fever sores, as I know of a lady in Oakland who

has been cured of ulcers by this wonderful med. icine." C. B. PATRICK, No. 365 California St., Stockton, California. Get HOOD'B.

Hood's Pills act easily, yet promptly and efficiently, on the liver and bowels. 25e. N. P. N. U. No. 489-8. F. N. U. No. 566

PREVENTING FUTURE MISERY.

If there is, in this vate of tears, a more prolific source of misery than the rheumatic twings, we have yet to hear of it. Feople are born with a tendency to rheumatism, just as th yers with one to consumption or to scionia. Blightenness may d velop this. As soon as the agontains complaint aniretes inself, recourse should be had to lootetter assome hilliters, which che classis further knowns an banishes the reumatic pois a from the system. This statement tailtes exactly with the testimony of physicians who have employed this fine blood depurent in their private practice. There is also the amplest professional and general it timony as to the efficacy of the Bitters for malaris, liver complaint, our stip iton indip ston, isdues trouble nervousness and less of appetite am flesh. After a wetting, whether followed by a cold or not, the Bitters is meful as a preventive of the initial track or recumatism.

He—No, the boss doesn't pay me more that ''m worth, She—How in the world do you manage to live on it?

THY GERMEA for breakfast.

Use Enameline Stove Polish; no dust, no smel

Pfunder's Oregon Blood Purifier i

# JUST A LITTLE

pain neglected, may become RHEUMATISM. NEURALGIA, SCIATICA, LUMBAGO.

Just a little SPRAIN

may make a cripple. Just a little BRUISE

may make serious inflammation. Just a little

may make an ugly scar. Just a little COST

will get a bottle of ST. JACOBS OIL,

A PROMPT and PERMANENT CURE. Years of Comfort against Years of Pain for

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where all others fall, Coughs, Croup, Sore Throat, Hoarseness, Whooping Cough and Asthma. For Coasumptica it has no rival: has cured thousands, and will curse you if taken in time. Sold by Druggists on a guar-antee. For a Lame Hack or Chest, use SHILOH'S BELLADONNA PLASTER Mc.

CHILOH'S CATARRH REMEDY.

Have you Cutarrh? This remedy is guaranteed to cure you. Price, Sicts. Injector free.

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PIMPLES BLOTCHES AND SKIN DISEASES.
HE ADACHE . COSTIVENESS.

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is largely an "outdoor" product. Fresh air duce sound appetite and

sound sleep.

Sickly children obtain

### great benefit from Scott's Emulsion

of cod-liver oil with Hypophosphites, a fat-food rapid of assimilation and almost as palatable as milk.

OPIUM Morphine Habit Cured in 10 to 30 days. No pay till cured DR. J. STEPHENS, Lebanon, Ohio

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Run With Gas or Gasoline. Your Wife can run it. Requires no license engineer. Makes no smell or dirt. No Batterie or Electric Spark. PALMER & REY, SAN FRANCISCO, CAL.

BEATS STEAM POWER



"WHERE DIRT GATHERS, WASTE RULES." GREAT SAVING RESULTS FROM THE USE OF



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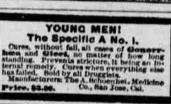
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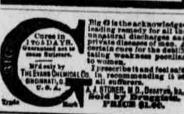
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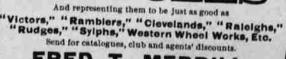












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